



Bereaved Parents of the USA

Anne Arundel County Chapter

December, 2004

www.aacounty-md-bereavedparents.org

We are already into the Holiday Season.... A time that can be so very difficult to deal with our grief...as if it is not difficult enough on any given day. We would like to encourage all that can to attend the December meeting. We also encourage that if you attend, please feel free to bring an unwrapped gift that will be provided to a needy child. The gifts that were provided last year from the Anne Arundel County Chapter were very much appreciated by the children that received them.

Whether you will be celebrating any of the seasonal holidays or not, we wish you all comfort in your grief and send wishes that your healing will progress into the coming new year.

We are also looking forward to our annual Service of Remembrance on Sunday, December 5, 2004, at 3:00 p.m. at St. Martins-in-the-Field Episcopal Church in Severana Park. All are welcome to attend.

Rick Tomaszewski

GOALS OF BEREAVED PARENTS OF THE USA

- to educate families about the grief process and all its complexities as it applies to the death of a child at any age and from any cause.
- to aid and support those who are suffering such a loss, regardless of race, creed or financial situation.
- to provide a library at each meeting place where members may borrow books with up-to-date information about the grief process.
- to supply the telephone numbers of other bereaved parents, siblings and grandparents who are able to offer support to other more newly bereaved families.
- to inform and educate members of the helping professions who interact with bereaved parents as to the nature and duration of parent/sibling/grandparent bereavement.
- to provide monthly meetings with sharing groups and occasional informative programs.



The printing and mailing of this months newsletter has been donated
By Frances Palmer in memory of her son
Scott Thomas Palmer
And
By Jody Seyfferth in memory of her son
Donald "Donny" Lee Seyfferth Jr.



Bereaved Parents of the USA
Anne Arundel County Chapter
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Mailing List: Dave Alexander - Programs: VACANT
Hospitality: VACANT *note - as you can see we have several vacancies... we hope someone will consider helping!

It is our sincere hope that you will find comfort somewhere in this newsletter. It is our intention to offer you hope in knowing that you are not alone. We encourage you to write about your feelings and to share your feelings with others who understand...your compassionate friends.

Material to be printed "in memory of" must be sent to the editors 6-8 weeks in advance of the newsletter in which you wish the item to be printed.

January submissions are due by December 15th.



Our **lending library** is available to help you understand and deal with your grief. Most of our materials have been donated in memory of a child. When you have finished with them, please return them at our monthly meeting or mail them to the post office box listed above. Thank you.

Refreshments at our monthly meetings:

A sign-up sheet is on the refreshment table at the meeting. Drinks, ice, and paper products are provided by the chapter. For questions, contact Dave Alexander at 410-544-3634

**Inclement weather on a meeting night :**

Meeting canceled if Phase 1 of the Snow Emergency Plan is in effect at 5:00 p.m. You can also check our website on the day of the meeting for an announcement about cancellations.

MEETING INFORMATION**Next meeting: December 2, 2004**

Doors open at 7:15 p.m.

Meeting begins at 7:30 p.m.

(Meetings usually occur on first Thursday of month)

Calvary United Methodist Church

301 Rowe Blvd., Annapolis

Please park in the back of the church

PROGRAM: Introducing Our Children**NEXT MONTH: January 6, 2005****PROGRAM: Difficult Parts of Grief****TELEPHONE FRIENDS**

Sometimes we feel the need to talk to someone who understands the pain we feel and will listen to us. When you have questions to ask, a need to talk, or have a difficult day, these people welcome your call.

Marie Dyke, single parent, daughter, 17, only child, car accident .

Janet Tyler, daughter, 5 and brother, 33, car accident. 410-969-7597

Tia Stinnett, miscarriages and infant death. 410-360-1341

Sandy Platts, infant death. 410-721-6457

OTHER RESOURCES:

* **Bereaved Parents of the USA, (BPUSA)**
National contact number (708-748-7866)

* **Baltimore-metro area of The Compassionate Friends of Maryland, Inc. and Bereaved Parents of the USA, (410-321-7053).**

* **Stephanie Roper Committee, for victims of violent crime, Anne Arundel County chapter** representative is James Donnelly (410-544-1473).

* **The Compassionate Friends, Reston Satellite Group** (support group for parents who are now childless), second Saturday of the month, 1:00 p.m. at North County Government Center, Reston District Police Station, 12000 Bowman Town Drive, Reston, VA. For info., contact Linda Nielsen (703-435-0608, InLvMemory@Comcast.net); Harriet Evenson (703-525-9311); Sharon Skarzynski in MD (410-757-5049); website - www.inlovingmemoryonline.org

* **Survivors of Suicide Group (SOS)** meets the 1st Tuesday of each month from 7:30 p.m. - 9:00 p.m., at Severna Park United Methodist Church, 731 Benfield Road, Severna Park (410-987-2129).

CHAPTER NEWS AND NOTES

Upcoming Meeting Topics

December 2: Introducing Our Children

The focus of this evening will be on our deceased children and on giving us a better sense of who these children were. The will not be a "Presenter": the sharing groups are the focus. Each person brings a picture or some memento of his/her lost child. In the sharing groups each person holds the picture or memento facing the rest of the group and "introduces" his/her child, describing what the child was like, etc.

We also invite you to bring a gift to the December meeting in memory of your child to be distributed to a needy child

January 6: Difficult Parts of Grief

Marlen Maier, one of the original founders of our Chapter will discuss the Difficult Parts of Grief. Marlen's insight into the grief process has made her a valued presenter and one we look forward to hearing.

Sponsoring a monthly newsletter in your child's name can be arranged through Lisa Beall (bealls@erols.com). Newsletter printing costs \$150 and mailing is \$50 each month.

Thank you!



Annual Service of Remembrance

Mark Your Calendar: The Anne Arundel County Chapter will hold its Annual Service of Remembrance on Sunday, December 5, 2004, at 3:00 p.m. at St. Martins-in-the-Field Episcopal Church in Severna Park. All are welcome to attend. Further information and directions to the church can be found on our website www.aacounty-md-bereavedparents.org

Chapter Website

To place your child's name on our website, email Dave Alexander (dralex@sdalex.com), or send him a note, (PO box 6280, Annapolis, MD 21401). Include your name, your child's name as you would like it to appear, and your child's date of birth and date of death.

To have a picture of your child on the website, email a digital file with the picture or send a printed picture to Dave. (Photos will be returned.) If you have any questions, please call Dave at 410-544-3634.

EASTERN SHORE BEREAVED PARENTS GROUP

The Queen Anne's County Bereaved Parents Group meets on the ***First Wednesday of each month***. The next meeting will be on Wednesday, December 1st at 7:00 pm. The Group meets at the ***Calvary United Methodist Church in Queenstown***. The Church is located at the intersection of Maryland Avenue and Steamboat Lane in Queenstown.

All are welcome to attend. Please pass the word to other bereaved parents.

For more information, contact Joan Gray at 410827-7471 or Dave Alexander at 410-544-3634 or send an email message to QueenstownGroup@sdalex.org

What Books Helped You?

From time to time, we are asked by newly bereaved parents to recommend books or other materials they might read that could help them deal with their grief. We thought it would be helpful to survey our members to see what books they would recommend.

If there are some books which you found particularly helpful and which you would recommend to newly bereaved parents, we would appreciate your sending an email to Books@sdalex.org, or a note to our postal box, addressed to Books - BPUSA/AA County, P.O. Box 6280, Annapolis, MD 21401-0280. Include in the email or note the **title(s)** of the book(s), the **author(s)**, and any comments you have about the book and why you would particularly recommend it (them).

Many of you who receive our **newsletter** were referred by a friend, physician, or clergy. You may have never attended a meeting. In this case, it is likely that your child's name does not appear in our **monthly list of "Children Remembered"**. This is because we require your permission to do so. If you would like your child's name added, please send a note to our post office box. List your child's name, your name(s), and the dates of your child's birth and death. Please allow 6 weeks to be sure it arrives in time for the appropriate month.

To Our New Members:

Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not our meetings will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief work

**To Our Members Who are Further Down the Grief Road:**

We need your encouragement and your support. Each meeting we have new parents. **THINK BACK**—what would it have been like for you at your first meeting if there had not been any grief “veterans” to welcome you, share your grief, encourage you and tell you “your pain will not always be this bad, it really does get better!”

**“If I can, I’ll come again, Mother,
From our my resting place.**

**Tho’ you’ll not see me, Mother,
I shall look upon your face.**

**Tho’ I cannot speak a word,
I shall harken what you say.**

**And be often, often with you,
When you think I’m far away.”**

- Alfred Lord Tennyson

Empty Chairs

**It’s the usual holiday table
Heaped with blessings
Of labor and harvest
But there are chairs — empty chairs.**

**Some of the number has moved away
The distance is too great
And they could not return today.**

**There are other chairs that remain unfulfilled.
A mother, a father, or a son or daughter.
Once vital to the family
Now transcending spatial parting
And feasting in glory.**

**Vacant chairs
Hearts that remember
Thank you Lord, for bountiful table
Thank you for the occupied chairs
And thank you for the memories
That surround the empty chairs.**

**Rotha Essenburg
From “The Banner”
TCF Pies Peak Newsletter
November 1992**

Donations may be made to offset the cost of printing and mailing the newsletter, the memorial service, library books, and other literature. We gratefully acknowledge the following donations:

Marcia Rex in memory of Cortney Belt
 Stephanie Knox in memory of Kevin Kerr
 Jody Seyfferth in memory of her son Donald "Donny" Lee Seyfferth Jr.
 Jeff & Teri Saff in memory of their son Philip Francisco Saff
 Tom & Lauri Rogers in memory of their son Daniel Keith Rogers
 Susan Alexander in memory of her nephew Jamie Alexander
 Ken Smith in memory of his niece Tracy Fotino
 Dorothy & Norm Heincelman in memory of their granddaughters Cortney Belt and Traci Heincelman
 Linda & Robert Rasmussen in memory of their son Steven Craig Rasmussen
 Theresa Bleemke in memory of her son Paul Shane Brough
 Missy & Bryant Lawrence in memory of daughter Susan Lawrence Barr
 Ruth & Lowell Minor in memory of daughter Susan Blair Minor
 Bonita Boone-Adamecz in memory of her daughter Traci Lynn Boone
 Catherine & Ray Fennessey in memory of daughter Barbara Jean Fennessey
 Sandy & Bob Burash in memory of their son Paul J. Burash
 Juliet & Leonard Rothman in memory of their son Daniel Maurice Rothman
 Ruth Cann in memory of her son David Norton
 Karen & Jim Temple in memory of Matthew Jason Temple
 Ella Mae McGinness in memory of her daughter Julie K. McGinness and her son Jeffrey R. McGinness
 Barbara Shaffer in memory of her son Scott Christopher Shaffer
 Anne & Noel Castiglia in memory of their daughter Tria Marie Castiglia
 Mary Louise & Alain de Sarran in memory of their daughter Elizabeth de Sarran
 Mary & Tom Dilego in memory of their daughter Alexandra DiLego
 Marie Dyke in memory of her daughter Michelle Marie Dyke
 Mary & John Goetz in memory of their son John Joseph Goetz Jr.
 Pam & Jerry Haley in memory of their son Brian Jeffrey Haley
 Pat & Larry Liberatore in memory of their son Nicholas Paul Liberatore
 Norma & don Melcher in memory of their son Brian Richard Melcher
 Rosemary Mild in memory of her daughter Miriam Luby Wolfe

Karl & Carol Reichardt in memory of their son Kevin Eric Reichardt
 Lorraine Tarr in memory of her son Russell "Rusty" J. Tarr
 Kay Wallace in memory of her son John Kirkpatrick Wallace
 Robin Stallings in memory of her son Roderick "Rod" William
 Barry & Elizabeth Aikin in memory of their grandson Jon Russell Aikin
 Pat Hall in memory of her son James Michael Hall
 Carol Fritz in memory of her daughter Katie Fritz
 Arleen & Rudy Novak in memory of their son David Joseph Novak
 Terri Hayden-Molton in memory of her son Lee Robert Hayden and her sister Mary Senier-Egan
 Marlen & Gene Maier in memory of their son Eric Eugene Maier
 Ethel & Tom Cleary in memory of their grandson Scott Thomas Palmer and their nephew O. Steven Cooper
 Lucille & John Peoples in memory of their son Cedric John Peoples
 Joyce & Tom Schall in memory of their son Thomas Jeffrey Schall
 Dorothy & Don Farley in memory of their son Ronald Wesley Farley
 Jeanne & Ed Heincelman in memory of their daughter Traci Heincelman and their niece Cortney Belt
 Cheryl Alderdice in memory of her son Arthur Gordon Phillips
 Peggy & Lewis Strader in memory of their son Christopher Lewis Strader
 Clara Pajak in memory of her son Edmond Ronald Pajak
 Karen Coulson in memory of her son Craig Steven Nelson
 Jill & Dave Dumont in memory of their son Jack Turner Dumont
 Twanda & Gil Kilton in memory of their son Darin Michael Kilton
 Linda & John Grimm in memory of their son Jeffrey Andrew Grimm
 Daynie Showacre in memory of her daughter Rachel Beth Showacre
 Audry & Jack Bagby in memory of their daughter Deneen Leigh Lins and grandson Nicholas Allen Bowling

SIBLING PAGE



Oh Little Boy Left Behind

Oh, Little Boy Left Behind,
Where did you go,
When you could no longer play?
How did things end for you
At the end of the day?
Oh, Little Boy Left Behind,
What did you want to say,
When no one would listen
And everyone walked away?
No words were spoken at the close of the day
Oh, Little Boy Left Behind,
Why did your smile leave you so soon,
Taking all your laughter away?
All you had were tears
At the end of the day
Oh, Little Boy Left Behind,
Why, Oh Why,
Were you taken away?

Oh, Little Boy Left Behind,
Why did you turn away,
When things didn't go your way?
Why didn't you stay?
Oh, Little Boy Left Behind,
Where are you now
On this lonely day?
Did you now find your way?
Oh, Little Boy Left Behind,
How do you fare,
Since you've gone Up There?
Have you learned how to fly
With your new wings?
Can you hear the Angels sing?
Oh, Little Boy Left Behind,
Did you not know
WE LOVED YOU SO?

Written by Sarah A. Kunz
For her brother, John Paul Greni
TCF, Billings, MT

I am a fun person with a love for boys and wildcats.
I wonder how computers were invented.
I hear clear, blue waterfalls in the distance.
I see my family members in heaven,
dancing around waterfalls in my dreams.
I want to become a famous singer and/or actress.

I am a fun person with a love for boys and wildcats.
I imagine flying through the clear blue sky.
I feel happy when I see my family.
I touch the clouds and reach up to the sky.
I worry about my family members.
I cry every time I think of Michael,
my cousin, who died from cancer.

I am a fun person with a love for boys and wildcats.
I understand how it feels for a person to die, that you
love.
I say that I will see my whole family once more.
I dream of my whole family coming together again in
heaven.
I try to understand that fact that some of my family is
dead
Even though I can feel them around me.
I hope my family will always know I love them.
I am a fun person with a love for boys and wildcats.

Written by Jessica Holland (age 10)-
(For her cousin Michael Robert 7/11/86-12/29/00)
Anne Arundel County Chapter, BPUSA

OUR CHILDREN REMEMBERED

Cito Arán
Son of Sandra Arán
December 2, 1978 - July 11, 2000

David Sheridan Astle
Son of Senator and Mrs. John Astle
October 21, 1974 - December 6, 1997

Christopher Lewis Borngesser
Son of Diane M. Borngesser
December 21, 1961 - May 28, 2001

Nicholas Allen Bowling
Grandson of Jack and Audrey Bagby
December 27, 1980 - July 31, 1985

Herbert John Buzby
Son of Gelinda and Clark Coleman
December 31, 1961 - December 19, 2003

Joseph R. DeMeo, Jr.
Son of Joseph and Rebecca DeMeo
May 25, 1966 - December 11, 1985

Tyler Dudley
Son of Julie Cremen
December 29, 2000 - February 23, 2001

Rebecca Lynn Faires
Daughter of Georgia Hughes
March 16, 1985 - December 18, 2003

Christina A. Fisher
Daughter of Carol and Rick Wilson
December 17, 1985 - June 30, 2001

Phillip Wayne Gray, Jr.
Son of Joan G. Gray
July 8, 1970 - December 22, 1986

Mallory Heffernan
Daughter of Dianne and Edmund Heffernan
December 19, 1985 - April 18, 2003

Kurt Johnson
Son of Willard and Marian Johnson
December 9, 1963 - August 11, 2003

Gary Wayne Keats
Son of Delores Shuey
December 3, 1964 - March 8, 2004

Logan Robert Kugler
Son of Sherry Kugler
December 10, 2000 - December 10, 2000

Michael Robert Leger
Son of Elizabeth and Daryl Leger
July 11, 1986 - December 29, 2000

John F. Marinelli
Son of Annette and William Marinelli
May 30, 1964 - December 19, 1986

Joseph A. Miller
Son of Mary J. Miller
Brother of Marlene Miller
December 13, 1956 - May 12, 1977

Kim Jonathan Nixon
Son of Carolyn and Stephen Tew
December 5, 1957 - December 16, 1984

David Joseph Novak
Son of Mr. And Mrs. Rudy Novak
December 29, 1960 - November 14, 1988

Michael Henry O'Malley
Son of Margie and John O'Malley
August 25, 1971 - December 7, 1991

Cedric John Peoples
Son of Lucille and John Peoples
September 5, 1968 - December 14, 1987

Phillip Bernard Riek Jr.
Son of Pamela and Tracy Peterson
December 29, 1989 - January 17, 2000

Aaron Sebastian Royer
Son of Diane and Robert Royer
December 21, 1982 - July 5, 2001

Gary Lee Ryon, Jr.
Son of Betty Ryon
August 24, 1989 - December 1, 2002



OUR CHILDREN REMEMBERED (cont)

Donald L. Severe, Jr.
Son of Issy and Chuck Mattis
August 23, 1956 - December 13, 1984



Miriam Luby Wolfe
Daughter of Rosemary and Larry Mild
September 26, 1968 - December 21, 1988

Donald Lee Seyfferth, Jr.
Son of Jody Seyfferth
December 16, 1977 - May 8, 2000

Phillip David Sharrow
Son of Sandra Sharrow
December 8, 1976 - November 17, 1995

Note: If your child's name appears in the printed version of our newsletter but does not appear in this online version, it is because we have not received explicit permission from you to list it online. If you would like your child's name to also appear in future online editions of the newsletter, please send an email to dralex@sdalex.com

Victoria Shimonkevitz
Granddaughter of Margaret and Jim Williford
December 9, 1993 - December 12, 1993

Jason Skarzynski
Son of Sharon and Benjamin Skarzynski
December 19, 1977 - December 14, 1995

Mark Edward Smeltzer
Son of Peggy Smeltzer
December 11, 1969 - March 15, 1997

Russell J. Tarr
Son of Lorraine Tarr
December 22, 1963 - May 12, 1994

Marie Rose Trehey
Daughter of Chere and Greg Trehey
December 21, 2000 - December 21, 2000



Richard C. Watts
Son of Fran and Tom Cease
December 28, 1966 - October 28, 1998

Dear Mike,

I sit here with a backache I've had for a week now, that the pain makes it unbearable to move. I've finished reading my Compassionate Friends of MD newsletter and I could almost cry. I say "almost" because the anti-depressant I've been on for 13 years since you left makes it difficult to do so.

But as I read the letter and look at all the photos of you that surround me, I realize that 13 years is no time at all – at least not in the loss of a child. I've had so much to bear in my life, yet nothing compares with that. You'd be 33 now; but you'll always be my first-born baby boy.

And, I'll always miss you and love – even if I don't cry.

*With love from Margie O'Malley
To her son, Michael
On his 13th anniversary, December 7, 2004*

P.S. – When you lose your child, ;you never stop missing or loving him.

NORMAL

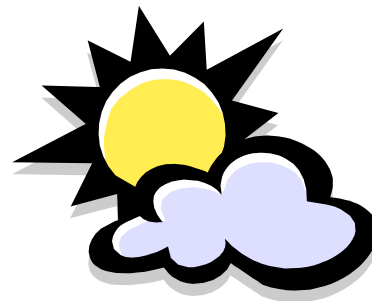
If you think you are going insane..... That's normal
 If all you can do is cry That's normal
 If you have trouble with most minor decisions..... That's normal
 If you can't taste your food or have any semblance of an appetite..... That's normal
 If you have feelings of rage, denial, and/or depression..... That's normal
 If your friends dwindle away, and you feel like you have the plague..... That's normal
 If your blood boils when someone tells you "It was God's will" That's normal
 If you can't talk about it, but you can smash dishes,
 shred up old phone books, or kick the garbage can,
 preferably empty down the lane That's normal
 If you share your story, your feelings with an understanding listener,
 another bereaved parent..... That's normal
 If you can get a glimmer of your child's life, rather than his/her death.... That's WONDERFUL
 if you can remember your child with a smile..... That's HEALING
 If you can remember your mirrors have become windows, and
 You are able to reach out to other bereaved parents That's GROWING

Excerpted from "The Normal Family" by Edith Fraser
 TCF, Winnipeg, Canada

Thoughts

**Grief is not the enemy -
 Grief is the
 Ceremony
 Of lost treasure.
 Grief is the homage
 you pay to the love
 You were once blessed to share**

Sascha Wagner



**Death leaves a heartache no one can
 Heal. Love leaves a memory no one
 can steal**

From a headstone in Ireland

WHAT'D I MISS LAST MONTH?

Thoughts & Summary by Rick...

Marlen Maier and Noel Castiglia, two of our chapter's founders, looked back on their grief journeys over the last 20 years since their children died, and reflected on the "mileposts," provided insights into the issues and problems they have faced over the years, and discussed ideas on dealing with these issues and problems.

Marlen discussed the numbness, the devastation, and all of the searing emotions that she went through initially...and like so many of us have felt. She talked about the anger that was directed in many directions, anger at doctors, friends, and even her son, Eric, for being there no longer.

Noel, in describing his feelings after the loss of his daughter, Tria, had many similar feelings, and also dealt with a feeling of anger that took quite a while to overcome.

The point that Marlen articulated so well, later to be agreed to by Noel, was that one factor that helped them both to move along to a more bearable phase of their grief, was the opportunity to meet in a forum where others actually understood their pain.. Of course, that forum was the Bereaved Parents. Knowing that what was discussed in the group stayed within the group, and that it was a place where you come to realize that all the feelings that you deal with was felt by others. This revelation helped them make a decision that prompted the formation of our chapter.

As Marlen shared, meeting with a support group with those who have gone through life's most cruel experience was much more therapeutic and healing than just being medicated and talked to by a doctor that did not have that same devastating experience. As she said, she began to feel again, like a whole person.

For all of us that have sat through "newly bereaved" sessions with both Marlen and Noel, we can attest to the comfort and understanding that they have given us. And I wonder how long it will take me to project and feel the inner peace that they both seem to have. You listen to them speak and then...you will see a tear in their eye, or a slight wavering in their voice as they talk about their beloved child. That's when you see that no matter now long it's been since our child has been gone, the loss of a child is something that will deeply affect us as long as our memories are with us. But with friends like Marlen, Noel, and all of those willing to share how they have dealt with their grief, our path to managing that grief will be a little easier to travel.

Thank you Marlen and Noel for sharing....

Note: This serves as a reminder of the value of the presentations that are given at our monthly meetings. The programs not only address how new attendees to our meetings may learn from the diversity of the presentation and presenters, but remind those that have been dealing with grief for a longer time that we still need all the help we can get. So we encourage your attendance at these meetings to take some thoughts home with you that just may help you.

What is a memory?

It is the faculty of beholding the golden rays of sunset after the night has fallen.
It is the ability to bear in mind the sweet melody after the instruments have ceased playing.
It is a conversation with someone who can no longer speak and seeing a smile on a face no longer there.

By Karen Russell
National Grief Support Services
help@griefsupportservices.oorg and www.griefsupportservices.org



Bereaved Parents of the USA

Anne Arundel County Chapter

P.O. Box 6280

Annapolis, MD 21401-0280

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**Bereaved Parents of the USA
CREDO**

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort, and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or our affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family. We are the Bereaved Parents of the USA.

We welcome you.